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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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An apple, eaten raw, may be a low-calorie snack or dessert. A medium-size apple contains about 70 calories according to USDA home economists.

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Winesap apples are generally available from January to late May..... they're usually small to medium and deep bright red with small scattered white dots and are juicy and slightly tart.

\* \*

"Yellow Newtown" is an apple that is available from February until June and is medium, yellow, juicy, moderately tart, hard and crisp.

\* \*

Did you know that floured cuts of meat -- or even vegetables -- brown better than unfloured cuts?

\* \*

Carefully blend catsup, Worcestershire sauce, ginger for a spicy, tangy taste -- Add it to leftover cold beef -- or to your bean pot.

## USDA SERVICES FOR THE HANDICAPPED



In the United States there are an estimated 1.7 million handicapped Americans who are home-bound. There are about 2.1 million who are institutionalized according to reports from the Extension Service, U.S. Department of Agriculture. (There is a total net estimate of 50 million persons who are handicapped which allows for a number of persons who fall into more than one category of disability.)

USDA's Extension Service has noted an increasing number of handicapped persons participating in the educational opportunities offered by the Home Economics Division. One of the main thrusts has been to bring handicapped persons back into the main stream by encouraging them to work in groups with people who are not disabled. The idea, of course, is to help them overcome obstacles so that they can perform in a reasonably normal atmosphere -- not to be set apart.

Dr. Robert J. Little who has been honored many times for his work as a poultry research scientist at the USDA Agricultural Research Service in Beltsville, Maryland was a 1976 winner of the "Outstanding Handicapped Federal Employee of the Year Award".

(Con't. page 4)

## THE COST OF MEATS AND MEAT ALTERNATES

The meat, poultry, and fish items in meals usually cost the most. However, the range in costs of different types and cuts of meats is great, so careful selection may result in worthwhile savings.

Estimated costs of 3-ounce servings of cooked lean from selected types and cuts of meat and of poultry and fish are shown in table 1. The economy-minded shopper can replace some of the meats ordinarily used with alternates such as eggs, dry beans and peas, and peanut butter. These foods provide protein and other nutrients for which meat, poultry, and fish are valued. Cheese can also be used.

One way to find good buys among meats and meat alternates is to compare the costs of amounts of them that provide equal protein. Table 2 shows the cost of amounts of some meats and alternates required to give 20 grams of protein--one-third of the recommended allowance for a day for a 20-year-old man.

A 3-ounce serving of cooked lean meat from beef, pork, lamb, veal, chicken, turkey, or fish provides about 20 grams of protein or more. However, well over a serving of some meats and alternates is required: 10 slices of bacon, 3-1/2 frankfurters, 3 eggs, or 4-1/2 tablespoons of peanut butter, for example.

The U.S. average price and the part of a pound or other market unit required to provide a 3-ounce serving of cooked lean meat (table 1) or 20 grams of protein (table 2) are shown for each meat and meat alternate for which costs were compared. To figure a comparable cost using a different price, multiply the price by the part of a pound or market unit shown.

Table 1.--Cost of 3 ounces of cooked lean from specified meat, poultry, and fish at March 1977 prices.

Food	Retail price per pound <sup>1/</sup>	Part of pound for 3 ounces of cooked lean	Cost of 3 ounces of cooked lean
Beef liver.....	\$ .73	.27	\$0.20
Hamburger.....	.85	.26	.22
Turkey, ready-to-cook.....	.71	.40	.29
Chicken, whole, ready-to-cook..	.61	.48	.29
Pork, picnic.....	.82	.46	.38
Chicken breasts.....	1.10	.35	.39
Chuck roast of beef, bone in...	.92	.45	.41
Ham, whole.....	1.30	.35	.45
Ocean perch, fillet, frozen....	1.64	.29	.47
Ham, canned.....	2.06	.25	.51
Haddock, fillet, frozen.....	1.77	.29	.51
Rump roast of beef, boned.....	1.70	.34	.58
Round beefsteak.....	1.75	.34	.59
Pork loin roast.....	1.32	.50	.66
Veal cutlets.....	3.10	.25	.78
Sirloin beefsteak.....	1.82	.43	.78
Rib roast of beef.....	1.76	.45	.79
Pork chops, center cut.....	1.78	.45	.80
Porterhouse beefsteak.....	2.27	.52	1.18
Lamb chops, loin.....	2.96	.46	1.36

<sup>1/</sup> Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.



Table 2.--Cost of 20 grams of protein from specified meats and meat alternates at March 1977 prices.

Food	Market unit	Price per market unit <u>1/</u>	Part of market unit to give 20 grams of protein <u>2/</u>	Cost of 20 grams of protein
Dry beans.....	1b	\$0.40	.24	\$0.10
Peanut butter.....	12 oz	.72	.23	.17
Beef liver.....	1b	.73	.24	.18
Bread, white enriched.....	1b	.35	.51	.18 <u>3/</u>
Hamburger.....	1b	.85	.24	.21
Chicken, whole, ready-to-cook...	1b	.61	.37	.23
Eggs, large.....	doz	.89	.25	.23
Milk, whole fluid.....	half gal	.84	.29	.24 <u>4/</u>
Turkey, ready-to-cook.....	1b	.71	.35	.25
Pork, picnic.....	1b	.82	.32	.27
Chicken breasts.....	1b	1.10	.25	.28
Tuna, canned.....	6.5 oz	.68	.44	.30
Bean soup, canned.....	11.25 oz	.30	.98	.30
Chuck roast of beef, bone in....	1b	.92	.35	.32
American process cheese.....	8 oz	.84	.38	.32
Ham, whole.....	1b	1.30	.29	.37
Round beefsteak.....	1b	1.75	.22	.38
Frankfurters.....	1b	1.14	.36	.41
Pump roast of beef, boned.....	1b	1.70	.26	.44
Pork loin roast.....	1b	1.32	.33	.44
Liverwurst.....	8 oz	.76	.60	.45
Salami.....	8 oz	.92	.50	.47
Ham, canned.....	1b	2.06	.24	.50
Sardines, canned.....	4 oz	.54	.94	.51
Sirloin beefsteak.....	1b	1.82	.28	.51
Bologna.....	8 oz	.79	.73	.58
Rib roast of beef.....	1b	1.76	.33	.58
Ocean perch, fillet, frozen.....	1b	1.64	.36	.59
Pork chops, center cut.....	1b	1.78	.35	.62
Haddock, fillet, frozen.....	1b	1.77	.35	.62
Veal cutlets.....	1b	3.10	.21	.66
Pork sausage.....	1b	1.35	.52	.70
Porterhouse beefsteak.....	1b	2.27	.34	.76
Bacon, sliced.....	1b	1.52	.52	.80
Lamb chops, loin.....	1b	2.96	.31	.91

1/ Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.

2/ One-third of the daily amount recommended for a 20-year-old man. Assumes that all meat, including cooked fat, is eaten.

3/ Bread and other grain products, such as pasta and rice, are frequently used with a small amount of meat, poultry, fish, or cheese as main dishes in economy meals. In this way the high quality protein in meat and cheese enhances the lower quality of protein in cereal products.

4/ Although the milk is not used to replace meat in meals, it is an economical source of good quality protein.

Source: Agricultural Research Service U.S. Department of Agriculture

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OUTSTANDING AWARD WINNER (Con't. from page 1)

Dr. Little is one of the five known persons in the world who has earned a PhD degree despite the affliction of total deafness since birth.

--Unknown Benefits

A survey of the reading services offered for the blind and physically handicapped by the Library of Congress (Washington, D.C.) is being conducted by the American Association for the Blind. It is estimated that more than 7.5 million blind, or otherwise handicapped Americans, are eligible to benefit from the program. However -- only 500,000 are now participating because the service is not well-known.

SPECIAL PROJECTS IN THE STATES 

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.....Twenty counties in Georgia were represented in a recent pilot project of training at the Warm Springs hospital for working with physically handicapped persons and their families. Called "Warm Springs Project" it was aimed at helping discharged patients re-adjust to the home environment--family, and community, after they received treatment in the hospital.

....Severely disabled children are mastering the green-thumb art of raising flower gardens and potted plants in Topeka, Kansas. Most of the children are confined to wheelchairs.

.....Radio services for the blind are sent over university-operated stations on campuses in Columbia and Rolla, Missouri. Special receivers are provided free to visually-handicapped persons who request them.

.....Clothing that has been altered or designed for the handicapped has been created by the State Extension Specialists in Nevada. The clothing designs avoid hard-to-use fasteners, difficult reaching and bending.

.....Other activities around the country involve removing architectural barriers (Maryland) to supporting Stroke Clubs (first one in Galveston, Texas) and helping families of handicapped children (South Carolina).

.....The Cooperative Extension Service sponsors many significant activities of benefit to the handicapped according to Ella Mae Berdahl, program leader EFNEP, and liaison for the President's Committee on Employment of the Handicapped. In addition to a Bibliography on the Handicapped, there is also a list of audio-visual resources available from Ms. Berdahl, Extension Service, U.S. Department of Agriculture, Washington, D.C. 20250.

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